RonMcKieFootball.com presents:

THE ALL-AMERICAN INSIDE ZONE RPO DRILL

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This PDF was written because the Inside Zone RPO is the greatest run scheme ever. That's right, even better than the power scheme.

And if you don't agree with me then that's okay. I respect that.

Just know that you are wrong.

If you enjoyed this FREE PDF then please visit my website – http://www.ronmckiefootball.com.

Why I Love the Inside Zone Scheme

The Inside Zone is a run scheme that accounts for every gap. It is simplicity in nature – every offensive linemen is responsible for his play side gap – while allowing the offense to appear complex to the defense. Plus, it helps make the RPO game super easy since the quarterback never has to worry about an unaccounted gap.

Many offensive coordinators want to run the Inside Zone RPO, but don't know how to rep it. Don't worry. I'm going to cover the **One Drill** you need to run to become **Great at the Inside Zone**.

It's similar to the Routes on Air Drill that I cover in my other eBook. You can find that eBook at http://airraiddrills.com if you haven't gotten it yet.

What do I call this drill?

The ALL-AMERICAN INSIDE ZONE RPO DRILL. (Yeah, I'm full of shit. But I found calling the drill this name really made it *pop* for my players. Whatever works, right?)

ALL-AMERICAN INSIDE ZONE RPO DRILL

Have you ever seen quarterback's get a pull read while running the inside zone, take off running, and then flick the ball to a wide-open receiver at the line of scrimmage?

Of course, you have. You watch football on Saturdays. You see that play happen five times a quarter.

How do you think that quarterback knows to do that? Do you think he is naturally football smart and *knows* to throw the ball there?

Heck no.

That quarterback practices that drill every single day. He reps the piss out of that play along with his running backs and wide receivers.

This is a critical part of the offense. So the offensive coordinator is going to make sure to practice it every day.

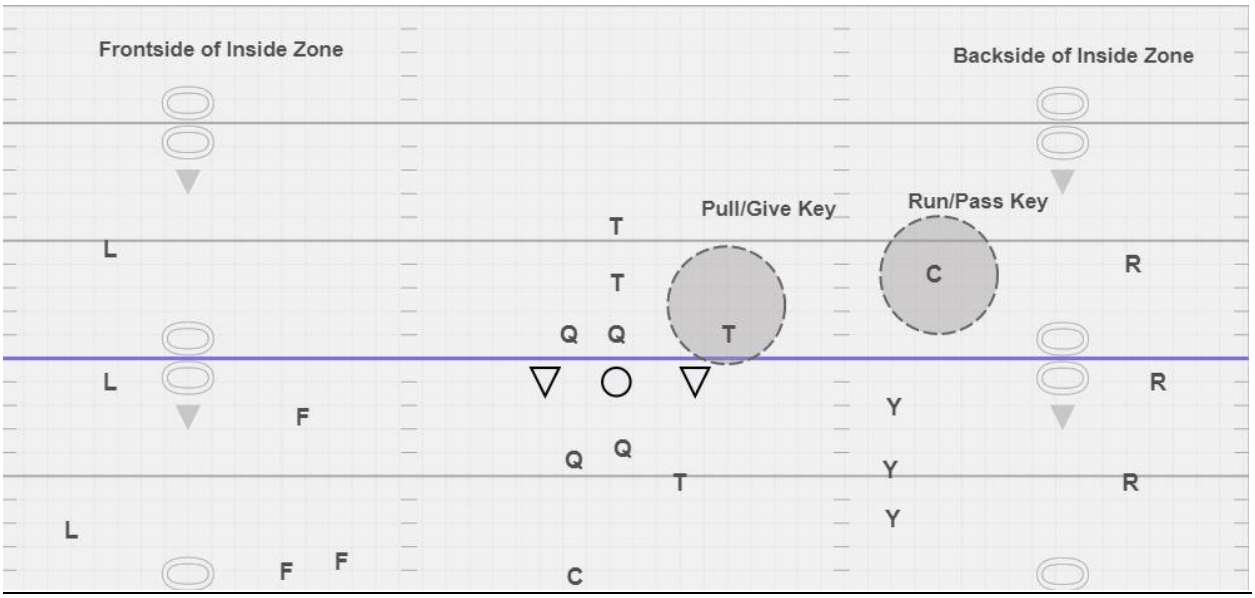
This drill works on the following things:

- **Quarterback/Center exchange**
- **Quarterback/Running Back mesh point**
- **Running Back aiming point**
- **Quarterback give/keep key**
- **Quarterback run/pass key**
- **Wide Receiver Blocking**

All six of those things are getting worked on in a simple ten-minute drill. You *MUST COMMET* to running this drill every day in practice. If you don't then you **WILL NOT BE SUCCESSFUL** running the Inside Zone RPO.

In the next couple of pages I will cover how we practice the RPO Drill out of Spread 2 x 2.

Here is a picture on how we set up the drill



Walk Through What's Going On

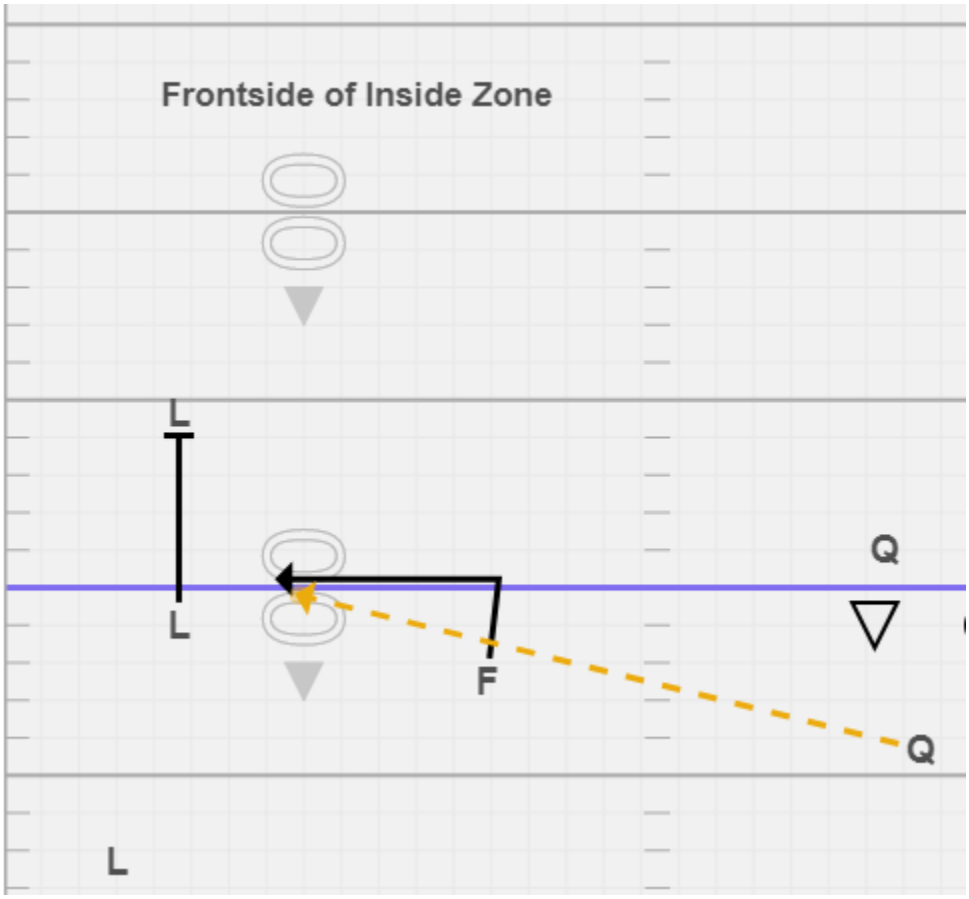
Inside Zone always has a Front Side and a Back Side. The Front Side of this drill is running a Key Screen. I will show you what the Key screen looks like in the next picture.

The Back Side of the Inside Zone will have two reads. The first Read is the Pull/Give Key. This Pull/Give Key is the second string running back. The coach behind the quarterbacks will tell the Pull/Give Key what to do:

- Chase the Running Back down the line of scrimmage – Pull Key
- Run straight up the field – Give Key

The Back side wide receivers – the Y and R – are running a Key Screen. Again, I will show you what Key Screen in the next picture.

Front Side of RPO Drill out of 2 x 2



The quarterback will catch, turn, and throw the ball to the F receiver. The L receiver will be blocking the back up L. We like to make this a game. If the back up L touches the F wide receiver then both the starting L and F receiver – the receivers running the Key Screen – have to do 10 push-ups.

(*We do this because we've noticed competition makes this drill better. In fact, competition makes everything better. I'm sur you knew that though.)*

Back Side of the RPO Drill out of 2 x 2

The quarterback is taking the snap and getting his eyes on the Pull/Give Key.

If the Pull/Give key gives the quarterback a Pull Read then the quarterback's eyes will go to his next read – the Apex player. The Apex player is the defender head up to inside the slot defender. (*The same guy*

the quarterback reads in the Y-Stick and Y-Corner concept. If you want to know more about that check out http://simplifyingtheairraidquickgame.com)

In this drill the Run/Pass Key will be the Wide Receiver coach. He will do one of two things:

1. Attack the Quarterback.
2. Attack the Key Screen.

If the Run/Pass Key attacks the Quarterback then the quarterback will flip the ball to the R receiver running the key screen.

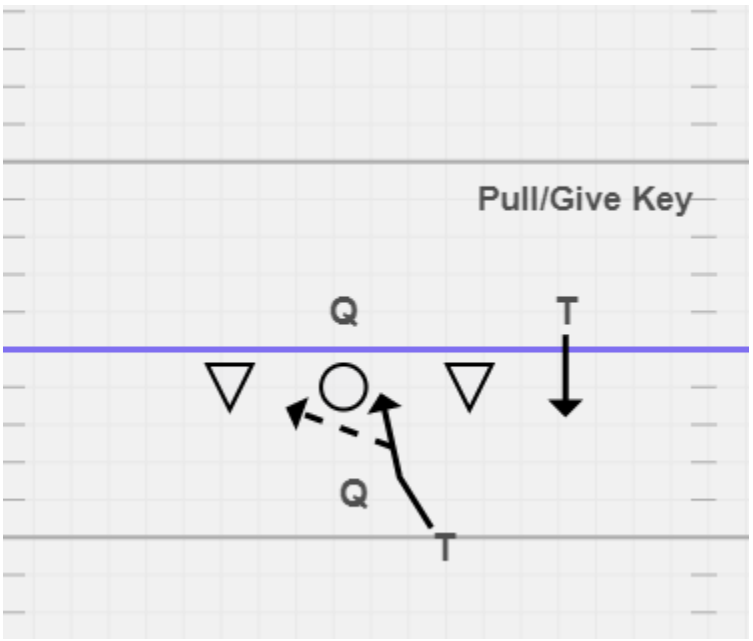
If the Run/Pass Key attacks the Key Screen then the quarterback will tuck the ball and SPRINT towards the End Zone.

Here are a couple of pictures of what the drill should look like.

Pull/Give Key Choices

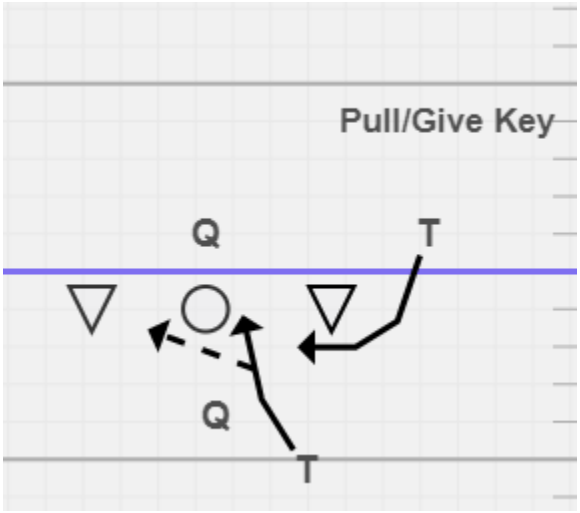
Remember, the Pull/Give Key only has two choices: Run up the field or attack the running back down the line of scrimmage.

Pull/Give Key Runs Up Field



The Pull/Give Key runs up the field. This is a GIVE READ for the quarterback. He should be handing the ball off and then **SPRINTING AS IF HE HAS THE BALL**. If he doesn't SPRINT past the line of scrimmage, then he has 10 pushups.

Pull/Give Key Attacks the Running Back Down the Line of Scrimmage



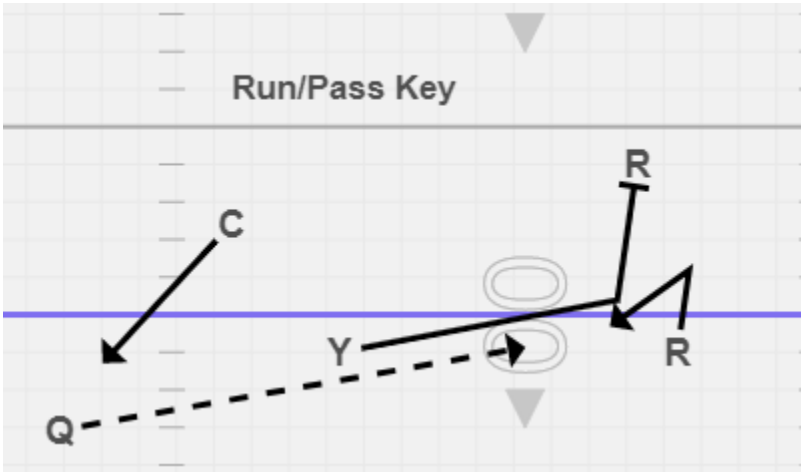
The Pull/Give Key attacks the running back down the line of scrimmage. This is a PULL READ for the quarterback.

When the Running Back gets a PULL READ then he will RIDE THE WAVE. That means he will act like he has the ball and SPRINT TOWARDS the opposite side of the line. We do this because we want to draw as many eyes away from the quarterback as possible.

The Quarterback will now attack the apex defender for a Run/Pass Option. The APEX defender will do two things:

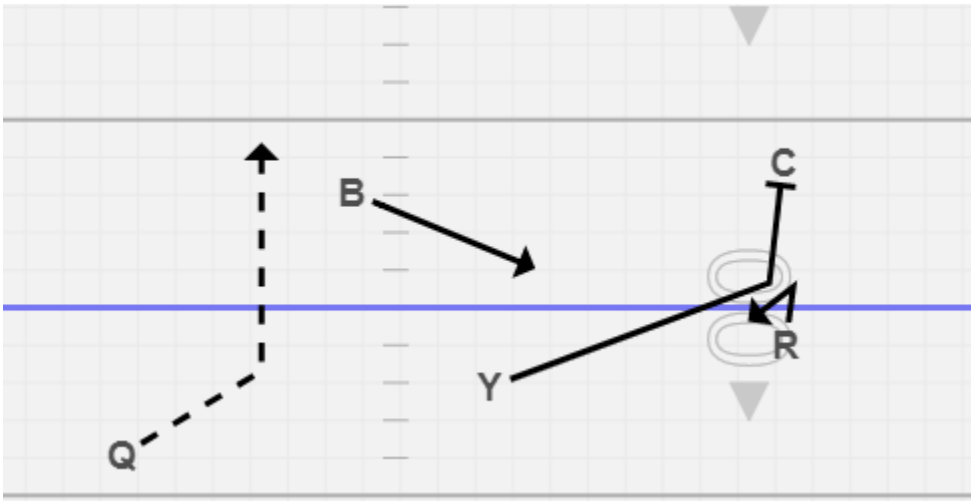
- Attack the Quarterback – Pass Read
- Attack the Key Screen – Run Read

Run/Pass Key Attacks the Quarterback



The Quarterback is attacking the APEX DEFENDER – man head up to inside the Y Receiver. The APEX DEFENDER attacks the quarterback. This is a PASS READ. All the quarterback has to do is THROW A CATCHABLE BALL to the wide receiver.

Seriously, don't over coach this. All you want is for the quarterback to get the ball there. It won't look pretty. You shouldn't care. Remember that.



The Quarterback is attacking the APEX DEFENDER – man head up to inside the Y Receiver. The APEX DEFENDER attacks the key screen. This is a RUN READ. All the quarterback has to do is turn up field and get AT LEAST 4 YARDS.

Honestly, don't yell at your guy if he doesn't get more than four yards. That's all you need for the defensive coordinator to start worrying about you having a "running quarterback".

That's it.

That's how you run ALL-AMERICAN INSIDE ZONE RPO DRILL. You can do this with every formation and play you run the inside zone from – 3x1, two-back with push motion, 2x2 with quick motion.

This drill works with any formation. That's why it's great.

And that's why I am giving it away to you. Because you can run other plays than the power. I know that's blasphemy to you under center, 47 personnel guys. But it's true.

Until next time coach, let's continue to **Master the Spread, Score Points, and Have Fun!**